SUNNY®
HEALTH & FITNESS

PREMIUM STEPPER STAIR CLIMBER
SF-X7300 SMART
USER MANUAL

IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US**: support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

IMPORTANT SAFETY INSTRUCTIONS

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical condition that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 8 feet (240 cm) of free space behind it and 2 feet (60 cm) on each side. Do not place the equipment on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the equipment.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 400 lbs (180 kgs).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extremely cold, hot, or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only, it is not intended for commercial use!

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using (this appliance).

DANGER – To reduce the risk of electric shock and the injury from moving parts:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning or servicing.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

1) An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2) This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
3) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
4) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
5) Do not carry this appliance by supply cord or use cord as a handle.
6) Keep the cord away from heated surfaces.
7) Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8) Never drop or insert any object into any opening.
9) Do not use outdoors. Household use only.
10) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11) To disconnect, turn all controls to the off position, then remove plug from outlet.
12) CAUTION: Risk of Injury to Persons – To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.
13) Connect this appliance to a properly grounded outlet only. See Grounding Instructions.

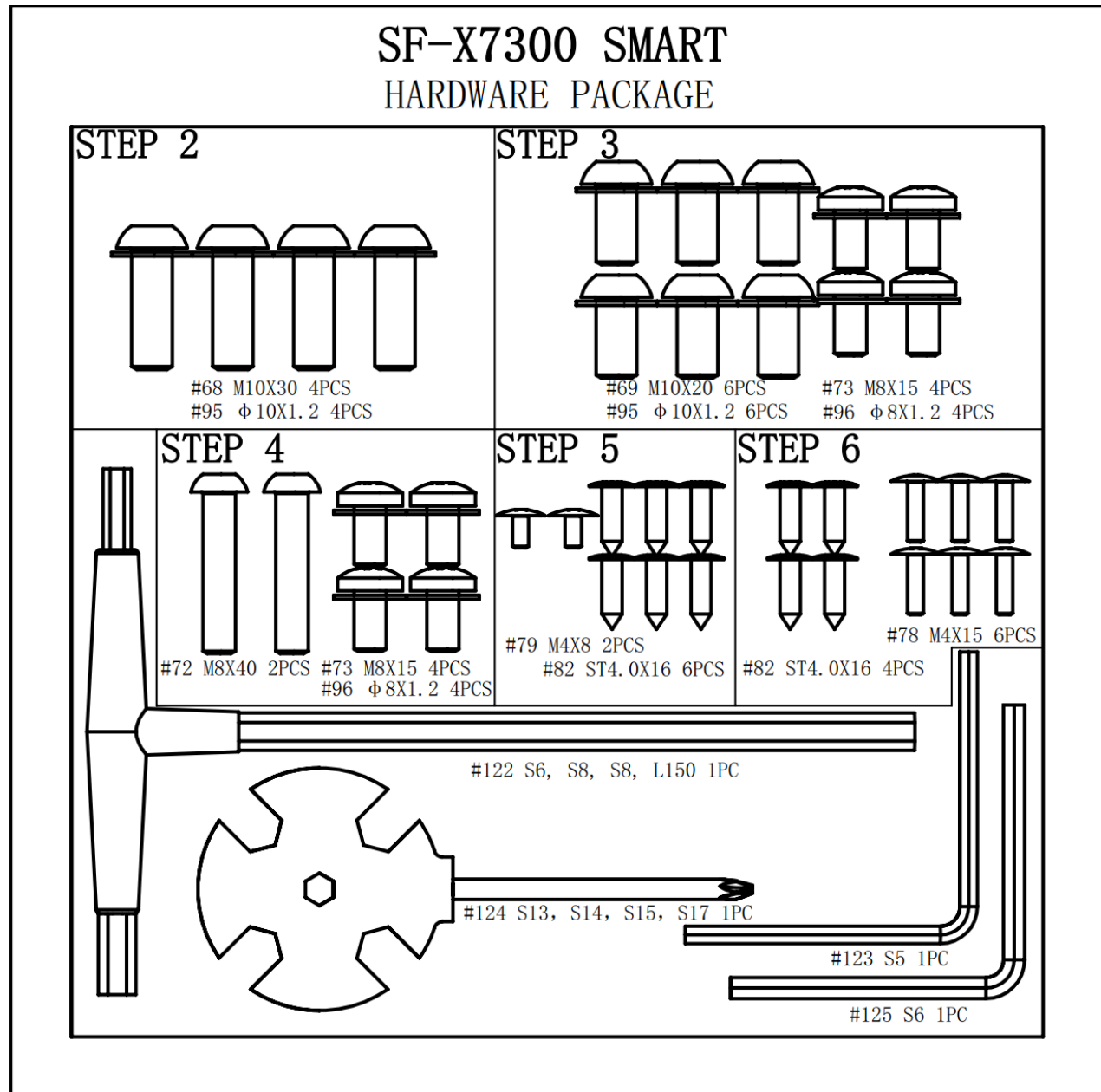## SAVE THESE INSTRUCTIONS

PRE-ASSEMBLY CHECK LIST

Before you start to assemble, please make sure all parts are included.
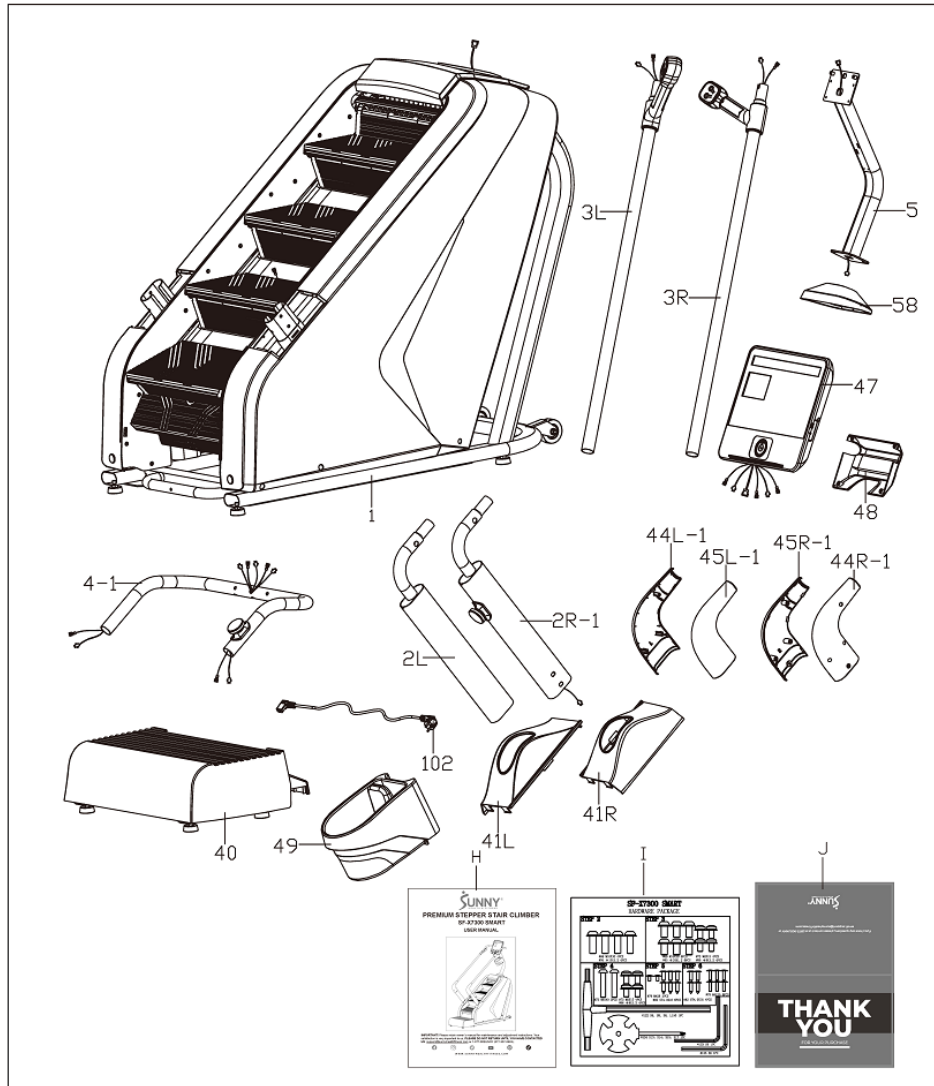
No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	44R-1	Right Exterior Decorative Cover		1
2L	Left Support Column		1	45L-1	Left Interior Decorative Cover		1
2R-1	Right Support Column		1	45R-1	Right Interior Decorative Cover		1
3L	Left Handrail		1	47	Console	15.6 inches	1
3R	Right Handrail		1	48	Rear Decorative Cover		1
4-1	Front Handrail		1	49	Bottle Holder		1
5	Console Support Column		1	58	Decorative Cover	275.7X146.6X70.4	1
40	Pedal	773X528X173	1	102	Power Cord	2000MM	1
41L	Left Decorative Cover	248X135.6X98.4	1	H	Manual		1
41R	Right Decorative Cover	248X135.6X98.4	1	I	Hardware Package		1
44L-1	Left Exterior Decorative Cover		1	J	Thank You Card		1

HARDWARE PACKAGE

SF-X7300 SMART
HARDWARE PACKAGE

STEP 2

#68 M10X30 4PCS
#95 φ10X1.2 4PCS

STEP 3

#69 M10X20 6PCS
#95 φ10X1.2 6PCS

#73 M8X15 4PCS
#96 φ8X1.2 4PCS

STEP 4

#72 M8X40 2PCS
#73 M8X15 4PCS
#96 φ8X1.2 4PCS

STEP 5

#79 M4X8 2PCS
#82 ST4.0X16 6PCS

STEP 6

#78 M4X15 6PCS
#82 ST4.0X16 4PCS

#122 S6, S8, S8, L150 1PC

#124 S13, S14, S15, S17 1PC

#123 S5 1PC

#125 S6 1PC

Ordering Replacement Parts (U.S. and Canadian Customers only)
Please provide the following information in order for us to accurately identify the part(s) needed:
- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the "EXPLODED DIAGRAM" (page 19-20) and "PARTS LIST" (pages 21-22)

Please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

ASSEMBLY INSTRUCTIONS

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).


Fig. 1

40   A

40   B   1
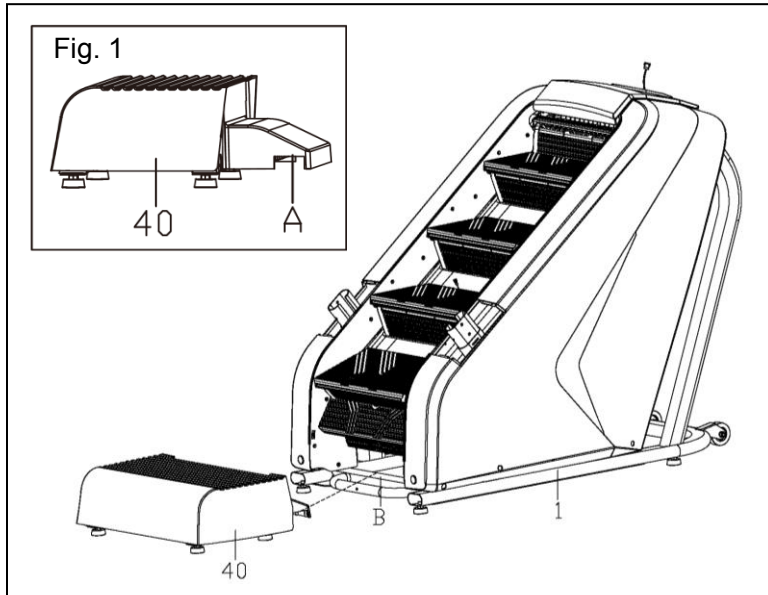
STEP 1:

We recommend having two people to do the assembly.

Open the carton and remove contents. Take out all parts and place the **Main Frame (No. 1)** and the **Pedal (No. 40)** on level ground. Ensure you have a clean and adequate workspace.

Fasten part A of the **Pedal (No. 40)** (as shown in Fig. 1) to part B of the **Main Frame (No. 1)**. Make sure the two parts are centered.

#68 M10X30 4PCS
#95 Φ10X1.2 4PCS
#125 S6 1PC

104
105

5
68
95
68
95
104
105

1
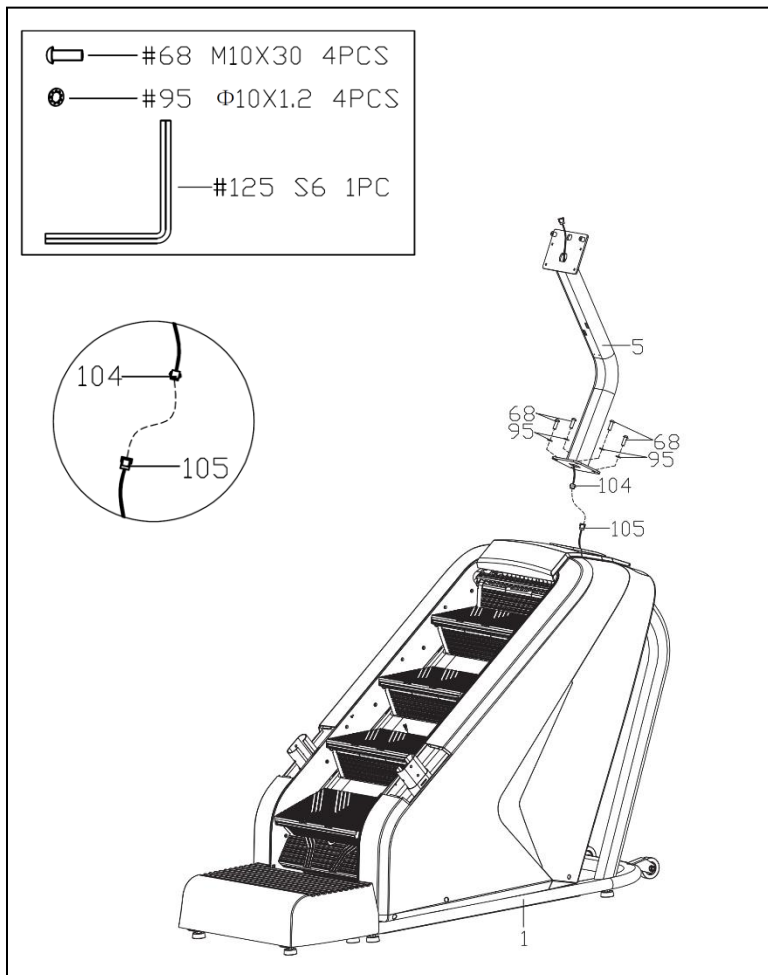
STEP 2:

Connect the **Console Extension Wire (No. 104)** to the **Console Lower Wire (No. 105).**

Secure the **Console Support Post (No. 5)** on the post of the **Main Frame (No. 1)** with 4 **Allen Bolts (No. 68)** and 4 **Internal Serrated Washers (No. 95)** using **Allen Wrench (No. 125)**.

NOTE: Please do not completely tighten the **Allen Bolts (No. 68)** at this step.

NOTE: Please be careful not to drop the **Allen Bolts (No. 68)** and **Internal Serrated Washers (No. 95)** into the protective cover of the **Main Frame (No. 1)**.

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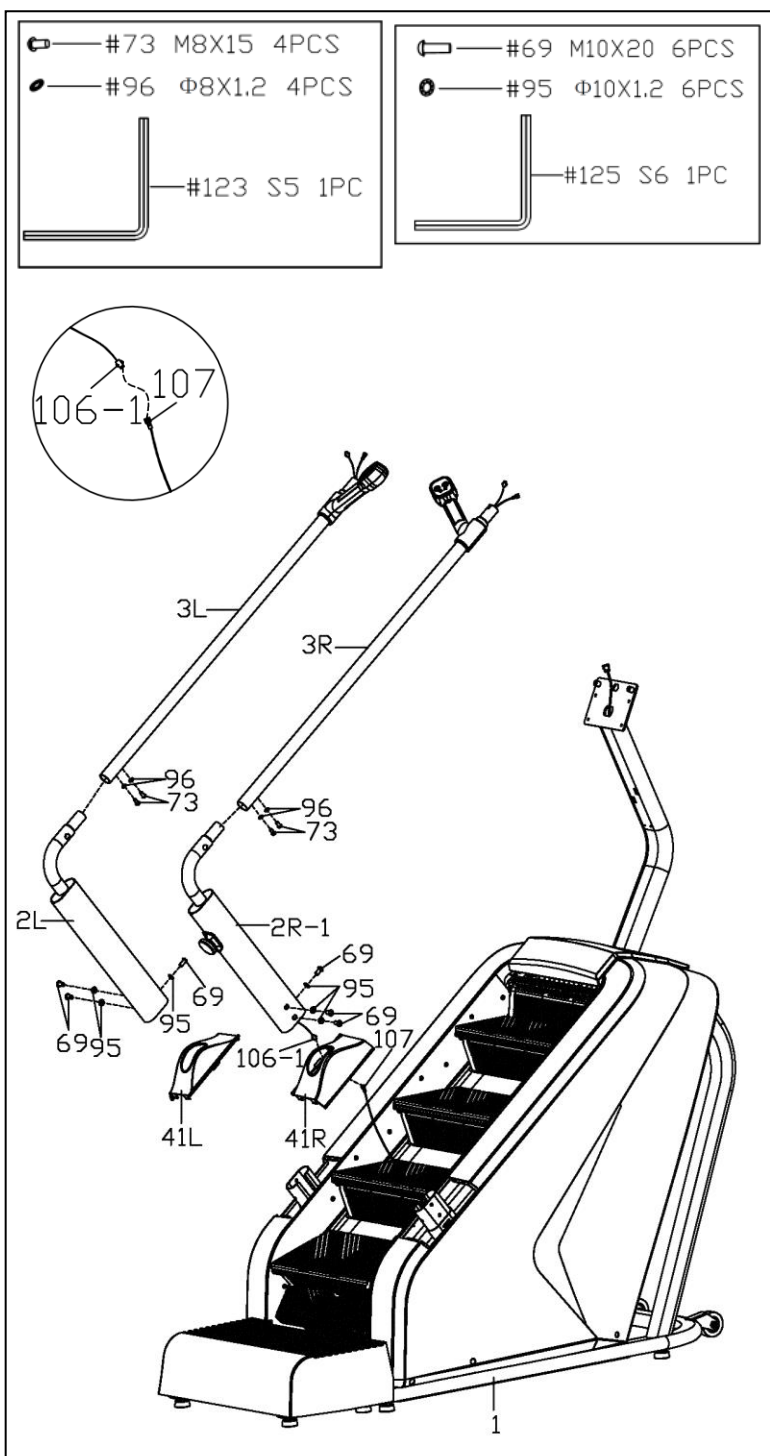
STEP 3:

Thread the **Lower Switch Extension Wire (No. 107)** through the **Right Decorative Cover (No. 41R)** and then connect it with the **Lower Switch Wire (No. 106-1)**.

Insert the **Left and Right Decorative Covers (No. 41L & No. 41R)** on the **Left and Right Support Columns (No. 2L & No. 2R-1)**, then secure the **Left and Right Support Columns (No. 2L & No. 2R-1)** on the **Main Frame (No. 1)** with 6 **Allen Bolts (No. 69)** and 6 **Internal Serrated Washers (No. 95)** using **Allen Wrench (No. 125)**.

NOTE: Please do not completely tighten the **Allen Bolts (No. 69)** at this step.

Attach the **Left and Right Handrails (No. 3L & No. 3R)** to the **Left and Right Support Columns (No. 2L & No. 2R-1)** with 4 **Large Flat Head Bolts (No. 73)** and 4 **Internal Serrated Washers (No. 96)** using **Allen Wrench (No. 123)**.

NOTE: Please do not completely tighten the **Large Flat Head Bolts (No. 73)** at this step.

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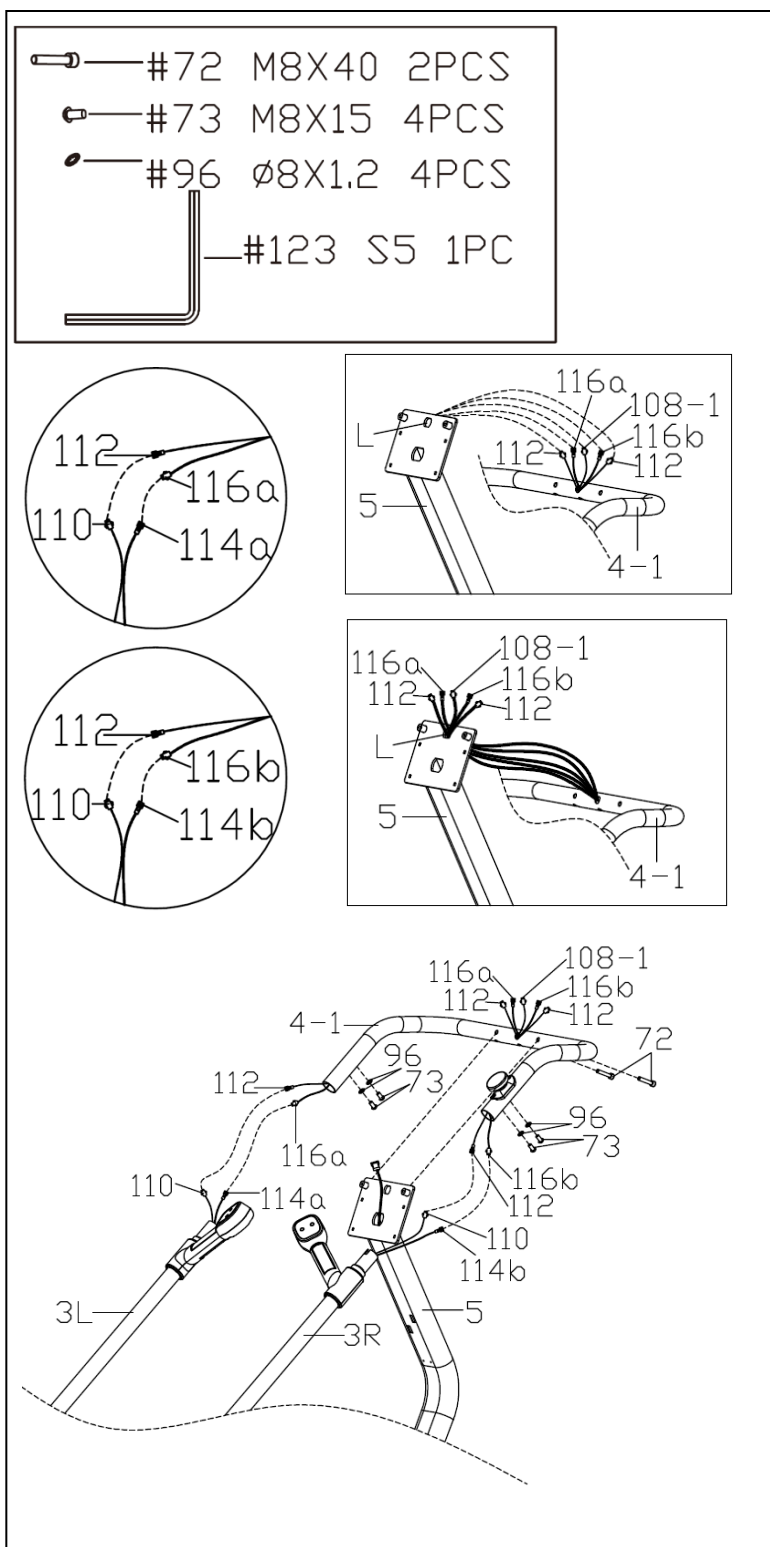
STEP 4:

Connect the 2 **Pulse Extension Wires (No. 112)** with the 2 **Pulse Upper Wires (No. 110)**. Then connect the **Keyboard Upper Wire A (No. 114a)** with **Keyboard Extension Wire A (No. 116a)** and connect the **Keyboard Upper Wire B (No. 114b)** with **Keyboard Extension Wire B (No. 116b)**.

Thread the 2 **Pulse Extension Wires (No. 112)**, **Keyboard Extension Wires A & B (No. 116a & No. 116b)** and **Upper Switch Wire (No. 108-1)** through hole **L** on the bracket of the **Console Support Post (No. 5)**. Then attach the **Front Handrail (No. 4-1)** to the **Left and Right Handrails (No. 3L & No. 3R)** with 4 **Large Flat Head Bolts (No. 73)** and 4 **Internal Serrated Washers (No. 96)** using **Allen Wrench (No. 123)**.

NOTE: Please do not completely tighten the **Large Flat Head Bolts (No. 73)** at this step.

Fasten the **Front Handrail (No. 4-1)** to the bracket of the **Console Support Post (No. 5)** with 2 **Allen Bolts (No. 72)** using **Allen Wrench (No. 123)**.

Now, fasten the 4 **Allen Bolts (No. 68)** from STEP 2 tightly using **Allen Wrench (No. 125)**.

Then, tighten 6 **Allen Bolts (No. 69)** from STEP 3 using **Allen Wrench (No. 125)** and tighten 4 **Large Flat Head Bolts (No. 73)** from STEP 3 using **Allen Wrench (No. 123)**.

At last, tighten 4 **Large Flat Head Bolts (No. 73)** from STEP 4 using **Allen Wrench (No. 123)**.

NOTE: Ensure that all bolts and washers are in place and partially threaded in before completely tightening them.
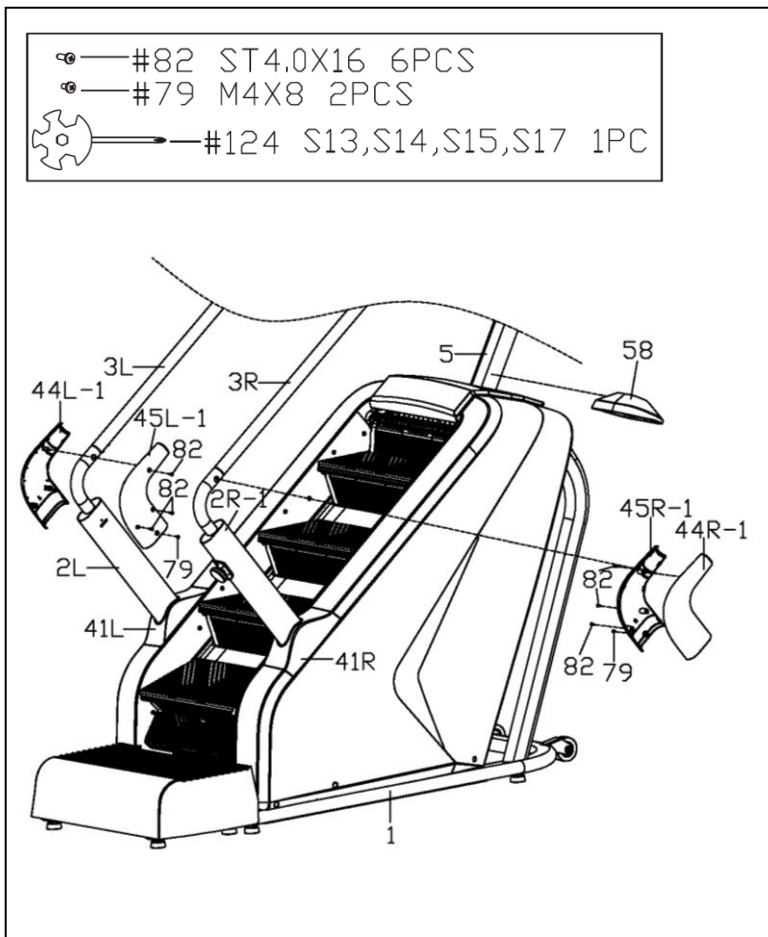
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).


STEP 5:

Buckle the **Left and Right Decorative Covers (No. 41L & No. 41R)** on the **Main Frame (No. 1)** in place.

Lock the **Left and Right Exterior Decorative Covers (No. 44L-1 & No. 44R-1)** and **Left and Right Interior Decorative Covers (No. 45L-1 & No. 45R-1)** on the **Left and Right Support Columns (No. 2L & No. 2R-1)** with 6 **Phillips Tapping Screws (No. 82)** and 2 **Phillips Screws with Washer Head (No. 79)** using **Spanner (No. 124)**.

Attach the **Decorative Cover (No. 58)** onto the **Console Support Post (No. 5)** and then buckle it onto the **Main Frame (No. 1)**.

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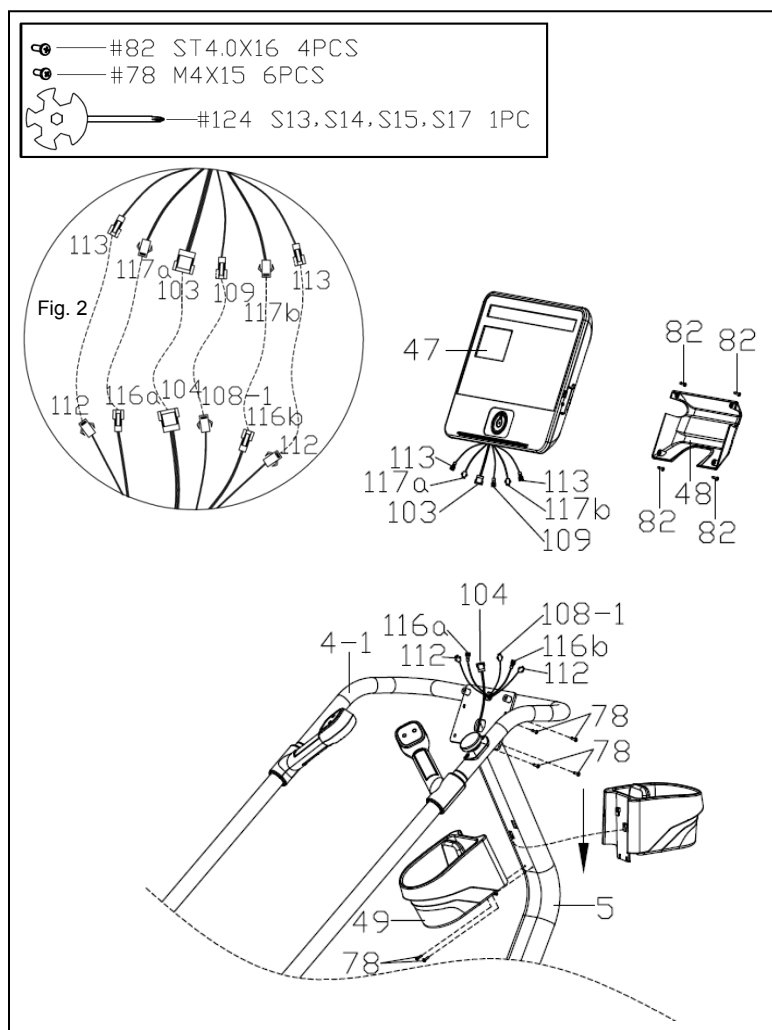

STEP 6:

Connect 2 **Pulse Lower Wires (No. 113)** with 2 **Pulse Extension Wires (No. 112)**, connect **Keyboard Extension Wire A (No. 116a)** with **Keyboard Lower Wire A (No. 117a)**, connect **Keyboard Extension Wire B (No. 116b)** with **Keyboard Lower Wire B (No. 117b),** connect **Console Extension Wire (No. 104)** with **Console Upper Wire (No. 103)**, and connect **Upper Switch Wire (No. 108-1)** with **Upper Switch Extension Wire (No. 109)**. Make sure to match the wires by numbers as shown in Fig. 2.

Attach the **Console (No. 47)** to the bracket of the **Console Support Post (No. 5)** with 4 **Phillips Screws W/ Washer Head (No. 78)**. Tighten and secure with **Spanner (No. 124)**.

NOTE: Be careful not to cut or pinch any wires when attaching the **Console (No. 47)**.

Attach the **Rear Decorative Cover (No. 48)** to the **Console (No. 47)** with 4 **Phillips Tapping Screws (No. 82)**. Tighten and secure with **Spanner (No. 124)**.

Buckle the **Bottle Holder (No. 49)** downwards on the holes of the **Console Support Post (No. 5)**. Then lock with 2 **Phillips Screws W/ Washer Head (No. 78)** using **Spanner (No. 124)**.
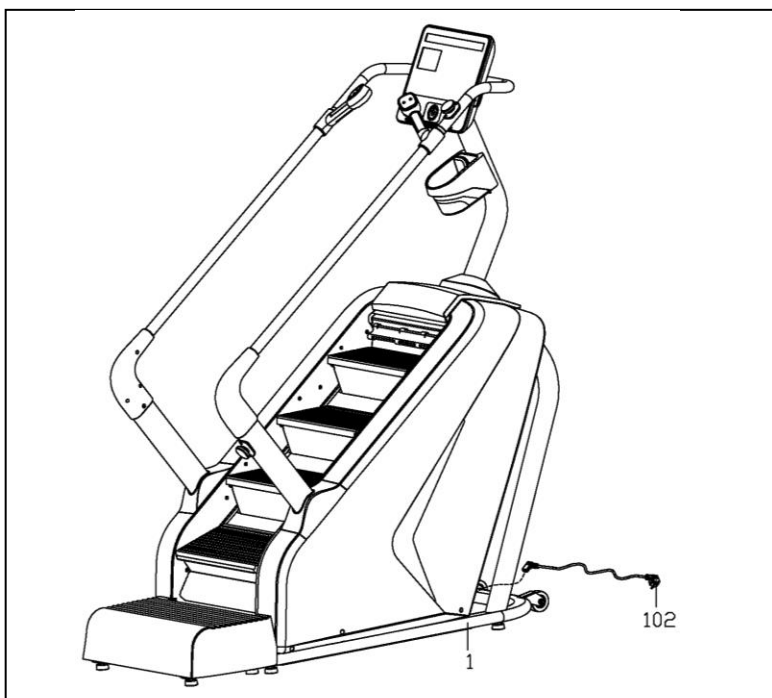
STEP 7:

Insert the jack of the **Power Cord (No. 102)** to the power interface on the front of **Main Frame (No. 1),** then plug the **Power Cord (No. 102)** into an outlet.

The assembly is now complete!

HOW TO MOVE THE STAIR CLIMBER

WARNING: Machine is very heavy, please make sure there is adequate amount of people to help move the machine.

First, remove **Pedal (No. 40)**. Then hold the **Handlebar (No. D)** of **Main Frame (No. 1)** and tilt the stair climber until the **Transportation Wheels (No. 64)** touch the ground. With the **Transportation Wheels (No. 64)** on the ground, you can move the stair climber.
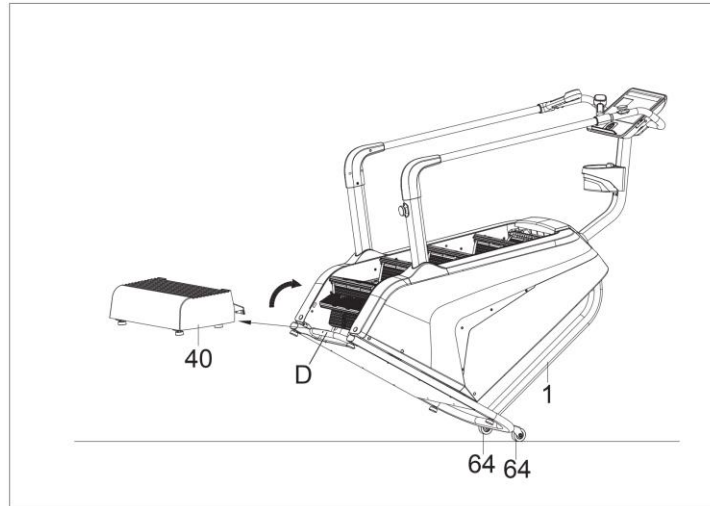
ADJUSTMENT GUIDE
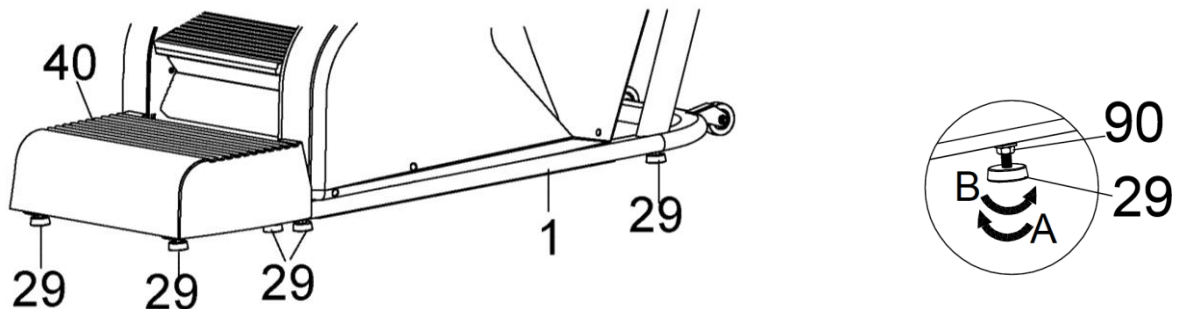
ADJUSTING THE BALANCE

To achieve a smooth and comfortable use, you must ensure that the stair climber is stable and secure. If you notice that the stair climber is unbalanced during use, you should adjust the **Foot Pads (No. 29)**. There are a total of 8 **Foot Pads (No. 29)** located beneath the **Main Frame (No. 1)** and the **Pedal (No. 40).** Simply rotate the **Foot Pads (No. 29)** until the stair climber becomes level with the floor surface.
To do so, loosen the **Hex Nut (No. 90)** on the **Foot Pad (No. 29)** by turning it _clockwise_ (direction A). With the **Hex Nut (No. 90)** loosened, rotate **Foot Pad (No. 29)** until it sits level with the surface that the stair climber is on. When you have finished adjusting the **Foot Pad (No. 29)**, re-tighten the **Hex Nut (No. 90)** by turning it _counter-clockwise_ (direction B). If necessary, repeat this process to adjust the remaining **Foot Pads (No. 29)**.

GROUNDING INSTRUCTIONS

WARNING: This stair climber requires a power source of **1A (120V)** to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before powering the equipment. Any power source above or below this level could cause significant damage to the equipment and/or user.

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

For a grounded, cord-connected product rated less than 15 A and intended for use on a nominal 120-V supply circuit, the instructions in either (1) or (2):

1) This product is for use on a nominal 120-V circuit and has a grounding plug that looks like the plug illustrated in sketch A in Figure 1. A temporary adapter that looks like the adapter illustrated in sketches B and C may be used to connect this plug to a 2-pole receptacle as shown in sketch B if a properly grounded outlet is not available.

The temporary adapter should be used only until a properly grounded outlet (sketch A) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

2) This product is for use on a nominal 120-V circuit and has a grounding plug that looks like the plug illustrated in sketch A in Figure 1. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

WARNING!

1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this stair climber. Route the power cord away from any moving parts of the stair climber including the elevation mechanism and transportation wheels.
2. NEVER operate the stair climber using a generator or UPS power supply.
2. NEVER remove any cover without first disconnecting the power cord.
3. NEVER expose the stair climber to rain or moisture. This stair climber is not designed for outdoor use or use in any other high humidity environment.

Figure 1
Grounding methods
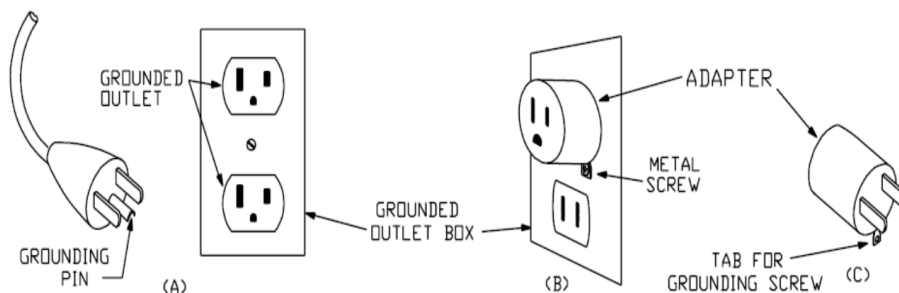
THE DISPLAY CONSOLE
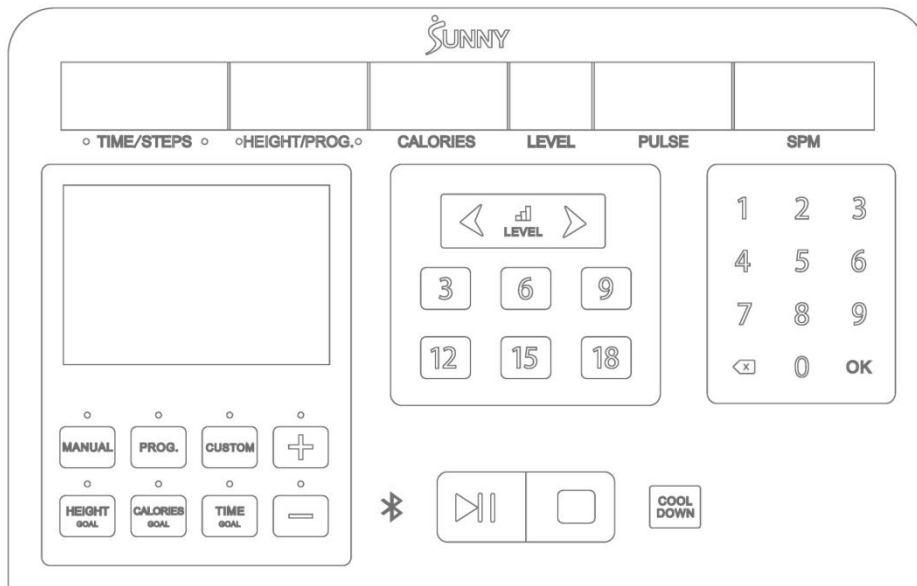
1. WINDOW DISPLAY

1) "TIME/STEPS" window: Displays time duration or number of steps and will alternate every 5 seconds. When the time duration is displayed, the range is from 0:00 to 99:59. Once the time reaches 99:59, the stair climber will slow down smoothly until it comes to a complete stop. In goal mode, the time will countdown from the set time to zero. When the time reaches 0:00, the stair climber will slow down smoothly until it comes to a complete stop. When the number of steps is displayed, it will show the actual number of steps.

2) "HEIGHT/PROG" window: Displays the motion height (unit: meter) or the program sequence number. When the motion height is displayed, the range is from 0.0~999. 1 meter is equal to 5 steps. In goal mode, the height will countdown from the set value to zero. When the height reaches 0.0, the stair climber will slow down smoothly until it comes to a complete stop. When program is displayed, the window will indicate the current program number or the current segment number when in custom program.

3) "CALORIES" window: Displays the number of calories consumed, the range is from 0.0~999. In goal mode, the calories will countdown from the set value to zero. When the calories reach 0.0, the stair climber will slow down smoothly until it comes to a complete stop.

4) "LEVEL" window: Display speed level value, the range is 1~25.

5) "PULSE" window: Displays the heartbeat rate of the user. When the user holds the pulse sensors or connect to SunnyFit Heart Rate Monitor (HR200), the system can automatically detect the heartbeat rate of the user and display it in this window. The heartbeat rate range is 50~200 times/minute. (This data is for reference only and cannot be used as medical data.)
NOTE: The heart rate monitor is not included. Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200.

6) "SPM" window: Displays the stair climber operation speed.

7) "MAIN" window: In program and custom mode, this window displays program diagram. In other modes, this window displays floor progress and count (1 floor is every 3.5m).

2. KEY FUNCTION

1) "MANUAL/PROG/CUSTOM" allows user to select standby mode, program mode and custom mode. Use the MANUAL key to select standby mode. Use the PROG key to select fixed programs. Use the CUSTOM key to select custom programs. In this mode, press the "OK" key on the number keypad to enter the setting of the custom program. You can quickly set the parameters with the "+/-" keys during this period.

2) "HEIGHT GOAL/CALORIES GOAL/TIME GOAL" is the countdown mode for the selected goal. Use the TIME GOAL key to enter time countdown mode. Use the HEIGHT GOAL to enter height countdown mode. Use the CALORIES GOAL key to enter calories countdown mode. You can quickly set countdown parameters with the "+/-" keys during the setting state of PROG /CUSTOM/HEIGHT GOAL/CALORIES GOAL/TIME GOAL (except MANUAL mode).

3) "START /PAUSE" key ▶❚ : First, make sure the two **Emergency Stop Switches (No. 50)** are in pop-out state and the infrared sensing area is free of obstructions. Then, press this key at any time to start the stair climber, or press this key to pause the stair climber during operation.

4) "STOP" key ▢ : During exercise, press this key to stop the stair climber and all values will reset to zero. In the STOP state, press and hold the STOP key for 6 seconds to disconnect the heart rate monitor. To reconnect the heart rate monitor, press and hold the STEP key for 6 seconds again.

5) "COOL DOWN" key: Press this key during exercise and the stair climber will enter into the countdown mode, the level decreases evenly and the stair climber will stop when the countdown ends. The duration of the countdown is determined by the current exercise level value (non-set). When the level is 1~15, press this key and the level will drop to 0 within 30 seconds, and the array window will display a 30-second countdown. When the level is 16~25, press this key and the level will drop to 0 within 45 seconds, and the array window will display a 45-second countdown. You can press "STOP" key ▢ to end the "COOL DOWN" immediately.

6) "LEVEL ◀ / LEVEL ▶" keys：During the setting state, use these keys to adjust the set value. During exercise, these keys are used to adjust the level, the value will adjust by 1 each time. The value will increase or decrease continuously if you press and hold the key for more than 0.5 seconds.

7) "LEVEL：3、6、9、12、15、18" key: These keys are level shortcut keys. During exercise, press to quickly set desired level.

8) "Number keypad (1、2、3、4、5、6、7、8、9、⌫ 、0、OK)": In climbing or setting state, press the keypad number key to quickly set the parameter value. The delete key ⌫ clears the input value. The "OK" key sets the parameter to the input value. Always press "OK" key to confirm the setting after parameters are set. If the input value exceeds the set range, the console will automatically be set to the maximum or minimum value.

3. QUICK START (MANUAL MODE)

1) Turn on the power switch, make sure the two **Emergency Stop Switches (No. 50)** are in pop-out state and the infrared sensing area is free of obstructions.

2) Press the "START /PAUSE" key ▶❚ , the MAIN window will display a 3-seconds countdown and a buzzer will sound at the same time. After the 3-seconds countdown, the stair climber starts climbing at a speed of level 1.

3) During exercise, use the "LEVEL ◀ / LEVEL ▶" keys, the level shortcut keys 3, 6, 9, 12, 15, 18, or number keypad keys to adjust the speed of the stair climber as needed.

4. OPERATION DURING THE MOVEMENT PROCESS

1) Press "LEVEL ◀ " key to increase the climbing speed of the stair climber.
2) Press "LEVEL ▶ " key to decrease the climbing speed of the stair climber.
3) Press the number keypad keys to set the stair climber speed quickly.
4) Press "STOP" key to slow down and stop climbing.
5) Press "START/PAUSE" key to start or slow down and pause climbing.
6) The pulse data is displayed for about 3 seconds when the user holds the pulse sensors with both hands.

5. MANUAL MODE

1) Manual mode is the default mode when the stair climber is powered on. The MAIN window will display floor progress and the level window will display the default level "1".

2) Press the "START/PAUSE" key, the stair climber will start to climb at the initial speed of level 1 after a 3-seconds countdown. Press the "LEVEL ◀ / LEVEL ▶", level shortcut keys, or number keypad keys to adjust the speed.

6. GOAL MODE

1) In the standby state, press the "TIME GOAL" key to enter the time countdown mode. The "TIME" window will display "15:00" and blink. Press the "LEVEL ◀ / LEVEL ▶" key, "+/-" keys ➕ ➖ or number keypad keys to set the countdown time, which ranges from 5:00 to 99:00.

2) In the standby state, press the "HEIGHT GOAL" key to enter the height countdown mode. The "HEIGHT" window will display "10.0" and blinks. Press the "LEVEL ◀ / LEVEL ▶ " key, "+/-" keys ➕ ➖ or number keypad keys to set the countdown height, which ranges from 5.0 to 999.

3) In the standby state, press the "CALORIES GOAL" key to enter the calories countdown mode. The "CALORIES" window will display "50.0" and blinks. Press the "LEVEL ◀ / LEVEL ▶ " key, "+/-" keys ➕ ➖ or number keypad keys to set the countdown calories, which ranges from 10.0~999.

4) Select one of the three goal modes and press the "START/PAUSE" key after the setting is completed. The stair climber will start to climb after a 3-second countdown. Press the "LEVEL ◀ / LEVEL ▶", level shortcut keys, or number keypad keys to adjust the speed.

7. PROGRAMS

1) This system has a total of 36 built-in programs P01~P36. In the standby state, press the "PROG" key, the "HEIGHT/PROG" window will display "P01, P02, ~…P36", select the program, the "TIME" window will display preset time 10:00.

2) Press "LEVEL ◀ / LEVEL ▶" key, "+/-" keys ➕ ➖ or number keypad keys to set the desired exercise time. Only TIME can be adjusted.

3) Press "START/PAUSE" key to start the program and the speed will gradually increase to the value for the first segment of program (see details in the table of program parameters).

4) Each built-in program is divided into 20 segments, each segment of exercise time = set time /20. Each operating time period has a corresponding pre-set speed.

5) When entering the next segment, the console will beep 3 times.

6) The speed changes according to the program segments. During a segment, you can press "LEVEL ◀ / LEVEL ▶" key, level shortcut keys or number keypad keys to adjust speed level. When the program enters the next segment, the speed level will return to the pre-set speed value of that segment.

7) After the whole program is completed, the console will beep 3 times. The stair climber will slow down until it comes to a complete stop and the MAIN window will display "End". The stair climber will go into standby state after 5 seconds.

8. PROGRAM SPECIFICATION

PROGRAM SCHEDULE

SEG \\ Program	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19	S20
P1	4	5	5	6	6	7	7	7	7	7	7	7	7	7	7	6	6	5	5	1
P2	4	5	5	6	7	7	10	7	10	10	10	7	10	10	7	7	6	5	5	1
P3	4	5	5	6	7	7	10	10	7	10	10	10	10	7	7	7	6	5	5	1
P4	4	5	5	6	6	9	9	9	9	9	9	12	9	9	9	6	6	5	5	1
P5	4	5	5	6	7	9	9	9	9	12	9	9	9	9	9	7	6	5	5	1
P6	4	5	5	7	7	9	9	12	12	12	12	9	9	9	9	9	7	5	5	1
P7	4	5	6	8	8	11	11	11	11	11	11	11	11	11	11	11	8	6	6	2
P8	4	5	5	7	7	10	10	10	10	12	12	12	12	12	12	12	12	12	11	5
P9	4	5	5	8	8	11	11	11	9	11	11	11	11	11	11	11	8	5	5	2
P10	4	5	5	7	7	9	5	7	7	9	5	7	7	9	5	7	7	9	7	3
P11	4	6	6	8	8	11	6	8	8	11	6	8	8	11	6	8	8	11	6	1
P12	4	6	6	9	12	12	6	9	12	12	6	9	12	12	6	9	12	12	9	4
P13	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9
P14	4	5	5	8	11	11	5	8	11	11	5	8	11	11	5	8	11	11	8	3
P15	4	6	9	9	9	6	9	9	9	6	9	9	9	6	9	9	9	6	4	2
P16	4	6	6	11	6	11	6	11	6	11	6	11	6	11	6	11	6	11	6	9
P17	4	4	4	6	8	8	11	11	11	4	6	8	8	11	11	11	8	4	4	2
P18	5	8	5	8	8	5	8	8	5	8	8	5	8	8	5	8	8	4	4	2
P19	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	2
P20	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	4
P21	4	8	4	8	11	4	8	11	4	8	11	4	8	11	4	8	11	4	8	2
P22	6	8	11	8	4	11	8	4	11	8	4	11	8	4	11	8	4	4	6	2
P23	6	8	11	8	8	4	11	8	8	4	11	8	8	4	11	8	8	4	4	2
P24	6	8	11	8	6	11	8	6	11	8	6	11	8	6	11	8	6	4	6	2
P25	4	6	5	6	5	7	6	4	7	4	8	4	9	4	10	5	9	5	11	3
P26	4	7	6	8	6	8	6	4	6	5	5	8	7	9	7	9	7	5	7	2
P27	4	7	6	7	6	7	6	4	5	5	5	8	7	8	7	8	7	5	6	2
P28	4	8	9	6	6	9	6	4	6	5	5	9	10	7	7	10	7	5	7	2
P29	4	6	8	10	9	10	8	4	5	5	5	7	9	11	10	11	9	5	6	2
P30	4	6	7	7	8	7	8	5	5	5	5	7	8	8	9	8	9	6	6	2
P31	5	8	9	7	10	7	11	8	6	4	6	9	10	8	11	8	11	9	6	3
P32	4	7	8	6	9	7	8	7	5	5	5	8	9	7	10	8	9	8	6	3
P33	4	10	8	6	7	11	9	7	6	6	5	11	9	7	8	11	10	8	7	3
P34	4	5	7	5	5	7	5	8	5	6	5	6	8	6	6	8	6	9	6	3
P35	4	7	10	11	8	11	7	5	4	5	5	8	11	11	9	11	8	6	5	2
P36	4	7	7	6	6	8	6	4	5	7	5	8	8	7	7	9	7	5	6	4

9. CUSTOM PROGRAM

In addition to the built-in programs, the stair climber also has 3 custom programs U01, U02 and U03 for users to set their own training program. Each program will have 20 segments.

1) In standby state, press the "CUSTOM" key to select the desired custom program (U01, U02 or U03). The "TIME" window will flash the preset time: 10:00. Press "+/-" ➕ ➖, "LEVEL ◀ / LEVEL ▶" key, or number keypad keys to adjust the time.
2) Press the "OK" key to confirm the time setting and enter to set the speed level for each

segment. "HEIGHT/PROG" window will flash S01 for the 1st segment. Press "LEVEL ◀ / LEVEL ▶" key, "+/-" ➕ ➖ or number keypad keys to set the speed level and press "OK" key to confirm. Repeat to set the speed for the remaining 19 segments.

3) After the setting is complete, the data will be permanently saved until you reset the next time, and it will not be lost due to power failure.
4) The speed and climbing time of all 20 time periods must be set before starting the custom program.

10. BODY MASS INDEX

In the standby state, continuously press the "PROG" key 37 times to enter the Body Mass Index (FAT) detection function. The "HEIGHT/PROG" window will display "FAT", press the "OK" key to enter into F-1. Then press "OK" key or "PROG" key to quickly switch to F-2, F-3, F-4, F-5 interface (F-1: gender, F-2: age, F-3: height, F-4: weight, F-5: physical test). Press the "LEVEL ◀ / LEVEL ▶" key, "+/-" ➕ ➖ or number keypad keys to set the parameters of F-1 through F-4 (parameters are in the following table). After setting is complete, enter the F-5 physical detection interface. At this time, hold the heartrate sensors with both hands for 2-3 seconds, your Body Mass Index (FAT) will be displayed to check whether your weight and height are commensurate. Body Mass Index (FAT) is a measure of a person's height and weight, not body proportion. FAT is suitable for any man or woman, along with other health indicators, it provides a basis for people to adjust their weight. The ideal FAT should be between 20 and 25, with anything below 19 being too thin, anything between 25 and 29 being overweight, and anything above 30 being obese. (This data is for reference only and should not be considered as medical data).

F-1	Gender	01 (man)	02(woman)
F-2	Age	10------99	
F-3	Height	100-200 (cm)	
F-4	Weight	20-150 (kg)	
F-5	FAT	≤19	Underweight
	FAT	=(20---25)	Normal weight
	FAT	=(26---29)	Overweight
	FAT	≥30	Obese

11. DISPLAY RANGE FOR EACH VALUE

Set Parameters	Initial Value	Initial Set Value	Setting Range	Display Range
TIME (minute:second)	0:00	15:00	5:00~99:00	0:00~99:59
Level	1	1	1~25	1~25
STEPS (step count)	0	N/A	N/A	0~9999
HEIGHT (meter)	0.0	10.0	5.0~999	0.0~999
PULSE (times/min)	P	N/A	N/A	50~200
CALORIES (KCAL)	0.0	50.0	10.0~999	0.0~999
SPM (Revolution)	0	N/A	N/A	0~999

12. EMERGENCY STOP FUNCTION

In any mode, the **Emergency Stop Switch (No. 50)** can be pressed to stop the stair climber. The stair climber will come to an immediate stop and all windows will display "--", the console will beep 3 times and the MAIN window display "SAFETY STOP BUTTON ACTIVATED-TWIST EMERGENCY STOP BUTTON TO UNLOCK". At this time, the stair climber cannot perform any other operation except shutdown. Turn the **Emergency Stop Switch (No. 50)** _clockwise_, the stair climber will go back to the standby state, waiting input instructions.

13. POWER SAVING MODE
This console has a power saving function. In the standby state, if there is no key input for 10 minutes when Bluetooth is not connected, the console will enter power saving mode, and automatically closes the display. Press any key to wake the system.

14. WIRELESS CHARGING FUNCTION
Wireless charging can be used to charge mobile phones with wireless charging function.

15. POWER OFF
You can turn off the stair climber at any time by turning off the power switch, which does not damage the stair climber.

16. PRECAUTIONS
1) Check the power supply before exercise.
2) If there is an abnormal situation during exercise, press the **Emergency Stop Switch (No. 50)** to stop the stair climber.
3) Non-professional personnel should not disassemble or attempt to repair the equipment, to avoid damage.
4) During operation, the stair climber will stop immediately if any object is detected in the infrared sensing area, and main window display "PRESS ANY BUTTON TO UNLOCK", "CALORIES" window display "E08". Remove the object, then press any button to unlock the alarm interface.

17. TROUBLESHOOTING

Error		Possible Reasons	Solution
Machine has no display.		1. Not plugged in, or no power.	Connect the power cord to the AC socket or check the AC socket.
		2. Power switch is not turned on.	Set the power switch to the ON position.
		3. Controller is without power or damaged.	Replace Controller.
		4. Console wires are disconnected.	Replace the console wires and plug them in again.
		5. Console is damaged.	Replace the computer
Console display	---or----	1. The scram switch was pressed.	Turn the scram switch clockwise
		2. Scram switch cable disconnected	Check whether the scram cable is plugged properly.
		3. **Emergency Stop Switch (No. 50)** is damaged.	Replace the **Emergency Stop Switch (No. 50)**.
	E80/E01-Communication failure (the driver does not receive the console signal) E02-Communication failure (no driver signal is received by the console).	1. Console wires are not connected or poor connected	Re-connect the console wires.
		2. The console wires are damaged, short circuit or open circuit.	Replace the console wires.
		3. Console signal circuit fault.	Replace the console.
		4.Driver signal circuit fault.	Replace the driver.
	E08-Lower control infrared fault.	1.The infrared detection at the end of the stair climber is blocked.	Remove blocked foreign objects.
		2.Infrared sensor fault.	Replace the sensor.
		3.Controller failure	Replace the controller.
	E48-No speed sensing signal (with speed sensing driver).	1.The speed signal line is not connected, or the sensor is damaged.	Reinsert the speed signal line or replace the sensor.
		2.The driver sensor line is faulty.	Replace the driver.

NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at support@sunnyhealthfitness.com

TECHNICAL DATA
Connectivity: Bluetooth LE
Frequency Range: 2400~2483.5 Mhz
Transmitting Power: 0 dBm

APP CONNECTION:

Connect Smart Equipment to SunnyFit App:
1. Scan to download SunnyFit from the app store:

2. Ensure that the Bluetooth function is turned on from your mobile device.
3. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
4. Begin any workout activity that matches your smart equipment, then follow the onscreen prompts to search for and connect to your smart equipment.
5. When connected, your stats and records will be displayed at the end of your course/session, and recorded in your account profile!
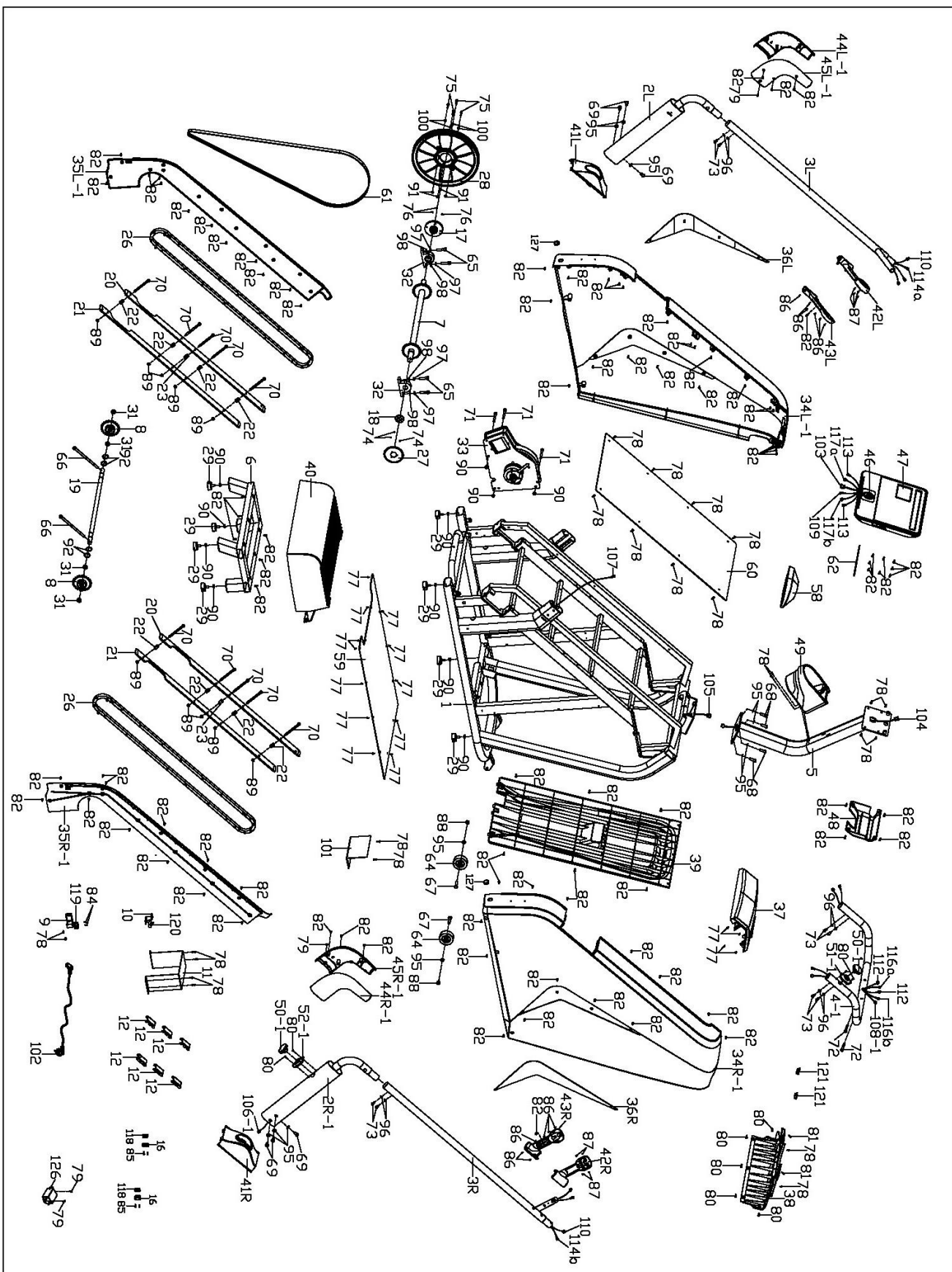
Troubleshooting:
- If you are having trouble connecting your smart equipment, visit www.sunnyfit.com/guide or scan the QR code below:
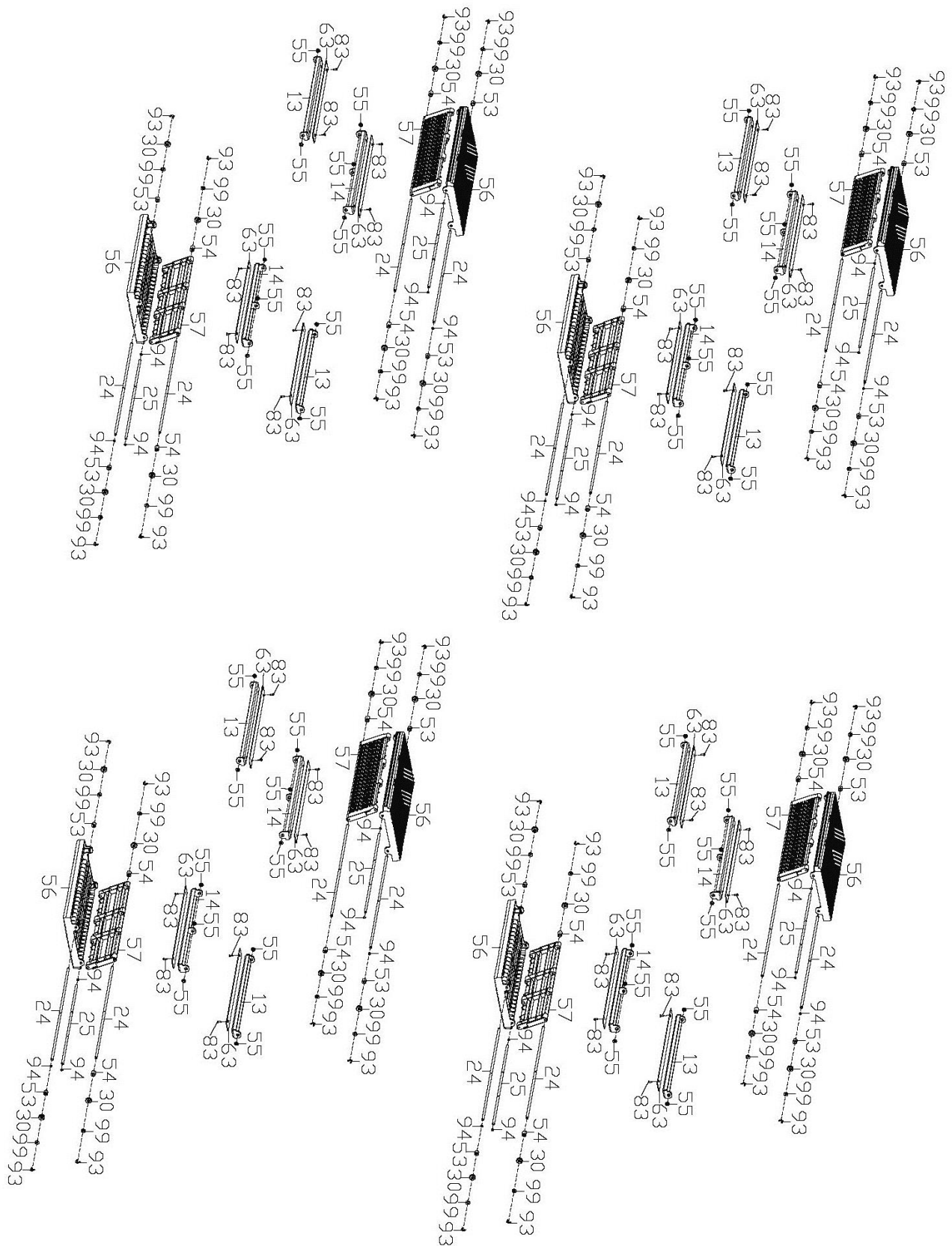

- If you require additional support, please contact support@sunnyfit.com.

EXPLODED DIAGRAM 1

EXPLODED DIAGRAM 2

20

PARTS LIST

No.	Description	Specification	Qty.	No.	Description	Specification	Qty.
1	Main Frame		1	34R-1	Right Protective Cover	1309X1133X202	1
2L	Left Support Column		1	35L-1	Left Inner Protective Cover	1005.6X1091X47.5	1
2R-1	Right Support Column		1	35R-1	Right Inner Protective Cover	1005.6X1091X47.5	1
3L	Left Handrail		1	36L	Left Decorative Strip	355.6X646.6X18	1
3R	Right Handrail		1	36R	Right Decorative Strip	355.6X646.6X18	1
4-1	Front Handrail		1	37	Upper Protective Cover	460X233X100.6	1
5	Console Support Post		1	38	Upper Protective Cover 2	649X186.6X153.5	1
6	Rear Bracket		1	39	Rear Cover	1013X600X45	1
7	Front Roller		1	40	Pedal	773X528X173	1
8	Rear Gear		2	41L	Left Decorative Cover	248X135.6X98.4	1
9	Sensor Fix Tube	125X40X2.0	1	41R	Right Decorative Cover	248X135.6X98.4	1
10	Light Sensor Support	92.3X22X2.5	1	42L	Left Upper Cover		1
11	PCB Baffle	617X100X2.0	1	42R	Right Upper Cover		1
12	Fixing Plug	60.8X65X2.0	6	43L	Left Lower Cover		1
13	Stair Support 1		8	43R	Lower Cover		1
14	Stair Support 2		8	44L-1	Left Exterior Decorative Cover		1
15	N/A		-	44R-1	Right Exterior Decorative Cover		1
16	Fixing Cover	54X30X3.0	2	45L-1	Left Interior Decorative Cover		1
17	Pulley Shaft Sleeve	Φ98X33	1	45R-1	Right Interior Decorative Cover		1
18	Emergency Stop Disk Sleeve	Φ45X15	1	46	Wireless Charge Module		1
19	Rear Roller Shaft	Φ20X670	1	47	Console	15.6 inches	1
20	Guide	1065X45X6.0	2	48	Rear Decorative Cover		1
21	Guide 2	1060X53X6.0	2	49	Bottle Holder		1
22	Support Sleeve 1	Φ14XΦ8.2X22.8	8	50-1	Emergency Stop Switch		2
23	Support Sleeve 2	Φ14XΦ8.2X22.2	2	51-1	Switch Base 1	78X38.4X19	1
24	Bearing Connecting Shaft	Φ7.9X586	16	52-1	Switch Base 2	82X42X18	1
25	Step Connecting Shaft	Φ7.9X505	8	53	Step Spacer 1	Φ15XΦ8.0X12.5	16
26	Chain	L2438.4mm	2	54	Step Spacer 2	Φ15XΦ8.0X17.9	16
27	Emergency Stop Plate	105X1.0	1	55	Wear Washer	Φ15X4.7	40
28	Belt Pulley	Φ360X26	1	56	Pedal 1	501X245X52.5	8
29	Foot Pad	Φ46X17	8	57	Pedal 2	490X126.7X20	8
30	Bearing	608Z	32	58	Decorative Cover	275.7X146.6X70.4	1
31	Bearing	6004	4	59	Bottom Baffle	870X690X3.0	1
32	Pedestal Bearing	KP005	2	60	Middle Baffle	1025.6X554X28	1
33	Brake Combination		1	61	Belt	J900	1
34L-1	Left Protective Cover	1309X1133X202	1	62	Anti Slip Pad	446.5X13X2.0	1

No.	Description	Specification	Qty.	No.	Description	Specification	Qty.
63	Eva Pad	485X36X2.0	16	97	Standard Spring Washer	Φ10	4
64	Transportation Wheel	Φ75 X26	2	98	Standard Flat Washer	Φ10	4
65	Allen Bolt	M10X40	4	99	Flat Washer	Φ8	32
66	Allen Bolt	M10X170	2	100	Flat Washer	Φ6	4
67	Outer Hexagon Bolt	M10X45	2	101	Controller		1
68	Allen Bolt	M10X30	4	102	Power Cord	2000MM	1
69	Allen Bolt	M10X20	6	103	Console Upper Wire	300MM	1
70	Allen Bolt	M8X105	10	104	Console Extension Wire	1200MM	1
71	Allen Bolt	M8X75	3	105	Console Lower Wire	2200MM	1
72	Allen Bolt	M8X40	2	106-1	Lower Switch Wire	600MM	1
73	Large Flat Head Bolt	M8X15	8	107	Lower Switch Extension Wire	1600MM	1
74	Flat End Tightening	M4X5	3	108-1	Upper Switch Wire	950MM	1
75	Allen Bolt	M6X25	4	109	Upper Switch Extension Wire	300MM	1
76	Flat End Tightening	M5X10	3	110	Pulse Upper Wire	350MM	2
77	Phillips Tapping Screw W /Washer Head	ST4.0X12	16	111	N/A		
78	Phillips Screw W/ Washer Head	M4X15	24	112	Pulse Extension Wire	1000MM	2
79	Phillips Screw W/ Washer Head	M4X8	4	113	Pulse Lower Wire	300MM	2
80	Phillips Countersunk Screw	M4X10	9	114a	Keyboard Upper Wire A	400MM, Red	1
81	Phillips Countersunk Screw	ST4.0X16	2	114b	Keyboard Upper Wire B	400MM, Green	1
82	Phillips Tapping Screw	ST4.0X16	90	115	N/A		
83	Phillips Tapping Screw	ST4.0X10	32	116a	Keyboard Extension Wire A	1000MM, Red	1
84	Phillips Screw	M3X20	2	116b	Keyboard Extension Wire B	1000MM, Green	1
85	Phillips Screw	M3X15	4	117a	Keyboard Lower Wire A	300MM, Red	1
86	Phillips Tapping Screw	ST2.9X9.5	12	117b	Keyboard Lower Wire B	300MM, Green	1
87	Phillips Tapping Screw	ST2.2X8	8	118	Infrared Sensor		2
88	Nylon Nut	M10	2	119	Distance Sensor		1
89	Nylon Nut	M8	10	120	Light Sensor		1
90	Hex Nut	M8	11	121	Plug	35X18X12	2
91	Nylon Nut	M6	4	122	T-shaped Wrench	S6, S8, S8, L150	1
92	Outer Snap Ring	Φ20	4	123	Allen Wrench	S5	1
93	Outer Snap Ring	Φ8	32	124	Spanner	S13，S14，S15，S17	1
94	E-Shaped Snap Ring	Φ7	24	125	Allen Wrench	S6	1
95	Internal Serrated Washer	Φ10X1.2	12	126	Filter		1
96	Internal Serrated Washer	Φ8X1.2	8	127	Round Plug	Φ25X10.2	2

Version: 2.0

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